



February 2020 Schedule

Fitness in the Park is a year-round free exercise program that brings a variety of indoor and outdoor fitness classes throughout San Antonio. Getting started is easy! Take a look at the current schedule and join us. There is no registration required. Classes are open to all fitness levels.



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WEATHER HOTLINE (210) 207-3128

SPEAR

SPEAR (Strength Power Endurance and Resistance) training classes follow the CrossFit methodology and include constantly varied functional movements performed at high intensity. The exercises are core strength and conditioning based with workouts being task or time based. These movements reflect the best aspects of gymnastics, weightlifting, running, throwing, and more. This fitness discipline is diverse and productive. These exercises are designed for all fitness levels! Classes instructed by a CF-L1 Trainer.


Class Name		Indoor/Outdoor	Age	Location	Day(s)	Time	Meeting Place
SPEAR		 	18+	Woodlawn Lake Park 1103 Cincinnati	Thurs	6:30 pm	Inside Woodlawn Lake Gym
SPEAR			10+	McAllister Park 13102 Jones Maltsberger	Sat	9:00 am	At the Turkey Roost Pavilion *No class February 22
SPEAR			18+	Joe Ward Park 435 E. Sunshine	Wed	7:30 pm	Inside Ward Community Center

Schedule Legend

 Outdoor Class

 Indoor Class

 Indoor During Bad Weather
Outdoor During Nice Weather













 Troops for Fitness Class



McAllister Park

Boot Camp

Boot Camp classes are designed to build strength and cardio fitness levels. Exercises are a mix of strength training and high intensity cardio intervals. Boot Camp workouts will challenge every muscle in your body.












Class Name	Indoor/Outdoor	Age	Location	Day(s)	Time	Meeting Place
Boot Camp 	 	18+	Woodlawn Lake Park 1103 Cincinnati	Mon	6:30 pm	Inside Woodlawn Lake Gym
Boot Camp hosted by the Mays Family YMCA of Stone Oak		18+	Panther Springs Park 21456 Blanco	Mon / Wed	8:30 am	Check in at the Mays YMCA reception desk
Boot Camp		10+	Travis Park 301 E. Travis	Tues	5:30 pm	In the park
Boot Camp		18+	Phil Hardberger Park East 13203 Blanco	Sun	10:00 am	At the playground
Boot Camp		10+	Pearsall Park 4700 Old Pearsall Rd.	Sat	9:00 am	At the Fitness Challenge Zone *No class February 22
Boot Camp		18+	Garza Park 1450 Mira Vista	Tues / Thurs	6:30 pm	Inside Garza Community Center
Boot Camp		18+	Phillis Wheatley Park 723 Arthur St.	Thurs	6:00 pm	At the pavilion
Boot Camp		18+	Labor Street Park 442 Labor St.	Fri	9:00 am	At the outdoor fitness stations
Boot Camp		18+	O.P. Schnabel Park 9606 Bandera	Thurs	6:30 pm	At the Graff Pavilion
Boot Camp		18+	Enrique Barrera Fitness Center 5800 Enrique M. Barrera Parkway	Mon	6:15 pm	Inside Enrique Barrera Fitness Center



Travis Park

Circuit Training

Circuit training classes include a variety of activities geared towards increasing endurance, power, strength, stamina, and speed. The goal of each class is to provide a total body workout. An exercise "circuit" refers to one completion of all prescribed exercises in the program.

Class Name		Indoor/Outdoor	Age	Location	Day(s)	Time	Meeting Place
Circuit Training			10+	McAllister Park 13102 Jones Maltsberger	Sat	10:00 am	At the Turkey Roost Pavilion *No class February 22
Circuit Training			18+	Enrique Barrera Fitness Center 5800 Enrique M. Barrera Parkway	Tues / Thurs	6:00 pm	Inside Enrique Barrera Fitness Center
Circuit Training			10+	Bonnie Conner Park 13300 Woller	Tues	5:30 pm	In the Igo Library parking lot
Circuit Training			18+	Lou Kardon Park 6161 Gibbs Sprawl Rd.	Mon / Wed	8:45 am	At the playground *No class February 3
Circuit Training (30 minutes)			18+	Walker Ranch Park 12603 West Ave.	Mon	5:15 am	Next to the pavilion
Circuit Training			10+	Palm Heights Park 1201 W. Malone	Thurs	6:00 pm	Inside Palm Heights Community Center
Circuit Training			18+	Encino Library 2515 E. Evans Rd.	Thurs	1:00 pm	Inside Encino Library
Adventure Course Circuit Training			13+	Pearsall Park 4700 Old Pearsall Rd.	Sat	10:00 am	At the Fitness Challenge Zone *No class February 22







Lou Kardon Park



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More Circuit Training

Class Name	Indoor/Outdoor	Age	Location	Day(s)	Time	Meeting Place
Circuit Training		18+	Comanche Lookout Park 15060 Judson Rd.	Tues	1:00 pm	Inside Julia Yates Semmes Library
Circuit Training		18+	San Pedro Springs Park 1315 San Pedro	Fri	5:30 pm	At the playground
Family Fun Circuit Training		Family	Comanche Lookout Park 15060 Judson Rd.	Thurs	6:00 pm	Inside Julia Yates Semmes Library *No class February 13
FitLot Circuit Training 		18+	Normoyle Park 700 Culberson	Fri, February 21 Fri, February 28	2:00 pm	At the FitLot outdoor fitness park



McAllister Park

Interval Training

Interval Training includes many of the same movements that comprise a boot camp or circuit training session. Interval training is unique due to the way in which the exercise is prescribed. Typically, participants will engage in an exercise for bursts of high intensity or effort followed by a short period of lower intensity movement. This pattern is repeated throughout the session resulting in a complete body workout.

Class Name		Indoor/Outdoor	Age	Location	Day(s)	Time	Meeting Place
Interval Training			18+	Joe Ward Park 435 E. Sunshine	Wed	6:30 pm	Inside Ward Community Center
Interval Training (30 minutes)			10+	Bonnie Conner Park 13300 Woller	Tues	6:30 pm	In the Igo Library parking lot
Interval Training			18+	Phil Hardberger Park West 8400 N.W. Military Hwy.	Sun	9:00 am	Next to the basketball courts *No class February 23
Interval Training			18+	Walker Ranch Park 12603 West Ave.	Wed	7:00 pm	Next to the pavilion
Interval Training (30 minutes)			18+	Walker Ranch Park 12603 West Ave.	Mon	6:00 am	Next to the pavilion
Interval Training			18+	Woodlawn Lake Park 1103 Cincinnati	Thurs	7:30 pm	Inside Woodlawn Lake Gym
Interval Training (30 minutes)			18+	Enrique Barrera Fitness Center 5800 Enrique M. Barrera Parkway	Tues	12:00 pm	Inside Enrique Barrera Fitness Center



Phil Hardberger Park West

Other Strength Training









Strength & Conditioning at the District 2 Senior Center is designed for the special needs of active older adults. Class exercises will help to improve physical strength, core strength, balance, agility, and cardiovascular endurance.

Designed for all fitness levels, LES MILLS BODYPUMP uses barbells with adjustable weights to work every major muscle group in the body. BODYPUMP combines motivating music and energetic instructors for a workout that strengthens, tones, and defines the body.

Total Body Toning is a high intensity class using both strength training and cardio exercises to tone the major muscle groups. Although we have some dumbbells and mats on hand you are welcome to bring your own.

Fitball Toning class will have participants utilizing a stability ball to perform various exercises designed to yield a total body workout.

Cross Training classes utilize different types of exercises to provide variety and fight the boredom of completing the same exercises day in and day out!

Class Name	Indoor/Outdoor	Age	Location	Day(s)	Time	Meeting Place
Strength & Conditioning hosted by the District 2 Senior Center		60+	District 2 Senior Center 1751 South W.W. White Rd.	Mon / Wed	1:00 pm	Inside District 2 Senior Center To reserve your spot in class, call (210) 207-5390 starting at 7:30 am on the day of class.
LES MILLS BODYPUMP hosted by the Westside YMCA		18+	Rosedale Park 2900 Ruiz	Sat	11:00 am	Check in at the Westside YMCA reception desk
Total Body Toning		18+	Granados Park 500 Frelling	Tues / Thurs	5:30 pm	Inside Granados Adult & Senior Center
Fitball Toning		18+	Enrique Barrera Fitness Center 5800 Enrique M. Barrera Parkway	Thurs	6:15 pm	Inside Enrique Barrera Community Fitness Center
Stability Ball Fitness	 	18+	Lions Field 2809 Broadway	Tues	5:30 pm	Inside Lions Field Adult & Senior Center
Cross Training	 	18+	Garza Park 1450 Mira Vista	Mon / Wed	6:30 pm	Inside Garza Community Center



Barrera Fitness Center

More Strength Training

Stroller Strides is a unique fitness experience that allows you to bond with your child while still getting a good workout. Lack of child care is no longer an excuse to miss your workout. Each 60 minute class is a total body conditioning workout designed for moms with kids in a stroller.

Barre Fitness classes use a combination of postures inspired by ballet and other disciplines like Yoga and Pilates. The barre (or chair) is used as a prop to balance while performing exercises that focus on isometric strength training (holding your body still while you contract a specific group of muscles).

Go Fetch Run offers a great total-body conditioning program for you and a stimulating, exciting experience for your dog! Go Fetch Run uses a Cross Training fitness program that combines strength, agility, and cardio in a high-energy class that also engages your dog both mentally and physically.

Lower Body Blast is a 30 minute class using circuit and interval formats targeting all the muscles of the lower body.

Butts & Guts is a high intensity workout with core exercises focused on strengthening the midsection area as well as the gluteal and hamstring muscles. This class is designed to slim guts and strengthen butts.

Class Name	Indoor/Outdoor	Age	Location	Day(s)	Time	Meeting Place
Stroller Strides hosted by Fit4Mom		18+	Northridge Park 821 Chevy Chase	Fri	9:30 am	At the pavilion *For inclement weather cancellations call (210) 247-8820
Barre Fitness		18+	Great Northwest Library 9050 Wellwood	Mon	12:00 pm	Inside Great Northwest Library
Go Fetch Run (Workout with your dog)		18+	Phil Hardberger Park East 13203 Blanco	Sun, February 2	9:00 am	The center island near the picnic tables
Lower Body Blast (30 minutes)		18+	O.P. Schnabel Park 9606 Bandera	Thurs	7:30 pm	At the Graff Pavilion
Butts & Guts		18+	Elmendorf Lake Park 3700 W. Commerce	Mon	6:00 pm	At the pavilion by the outdoor restrooms
Butts & Guts	 	18+	Lady Bird Johnson Park 10700 Nacogdoches	Thurs	6:00 pm	Inside Hamilton Community Center



Phil Hardberger Park East

Low Impact Workouts

Low Impact workouts are a great way to get active while reducing the risk of injury. Low Impact Circuit Training classes are easier on the body, especially the joints, while offering a great full body workout.

Class Name	Indoor/Outdoor	Age	Location	Day(s)	Time	Meeting Place
Chair Exercises		18+	Lackland Terrace Park 7902 Westshire	Tues	10:00 am	Inside Gill Community Center
Low Impact Circuit Training		18+	Granados Park 500 Freiling	Tues / Thurs	12:30 pm	Inside Granados Adult & Senior Center
Low Impact Circuit Training	 	18+	Parman Library 20735 Wilderness Oak	Mon	10:30 am	At the Parman Library entrance
Low Impact Circuit Training		18+	Elmendorf Lake Park 3700 W. Commerce	Mon	7:00 pm	At the pavilion by the outdoor restrooms
Strength & Balance		18+	Commander's House 622 S. Flores	Fri	9:30 am	Inside Commander's House Adult & Senior Center
Strength & Balance		18+	Lackland Terrace Park 7902 Westshire	Fri	10:00 am	Inside Gill Community Center
Fun Fitness with Sandy	 	18+	Commander's House 622 S. Flores	Fri	10:00 am	Inside Commander's House Adult & Senior Center
















Core Training

Core Training classes will blast your abs by performing specific exercises to strengthen the muscles.

CoRE (Core/Respiratory Endurance) class will consist of a core/abdominal workout with low impact cardio exercises. Class will be modeled after the U.S. Army Physical Readiness Training (PRT) philosophy and techniques.

Core Rhythms is an energy packed abdominal workout with movement based around the beat of the music.

Equilibrium class will work on flexibility/mobility and core strength through active movement. These simple movements are designed to teach breath control, improve flexibility, increase mobility and core strength.

Class Name	Indoor/Outdoor	Age	Location	Day(s)	Time	Meeting Place
Core Training (30 minutes)	 	18+	Parman Library 20735 Wilderness Oak	Mon	11:30 am	At the Parman Library entrance
Core Training (30 minutes)		18+	Great Northwest Library 9050 Wellwood	Mon	1:00 pm	Inside Great Northwest Library
Core Training (30 minutes)		18+	Phillis Wheatley Park 723 Arthur St.	Thurs	7:00 pm	At the pavilion
Core Training (30 minutes)		18+	O.P. Schnabel Park 9606 Bandera	Thurs	8:00 pm	At the Graff Pavilion
Core Training		13+	Pearsall Park 4700 Old Pearsall Rd.	Sat	11:00 am	At the Fitness Challenge Zone *No class February 22
Core Training		18+	Phil Hardberger Park East 13203 Blanco	Sun	11:00 am	At the playground
Equilibrium (30 minutes)		10+	Bonnie Conner Park 13300 Woller	Tues	7:00 pm	In the Igo Library parking lot
CoRE (Core/Respiratory Endurance)	 	18+	Woodlawn Lake Park 1103 Cincinnati	Mon	7:30 pm	Inside Woodlawn Lake Gym
Core Rhythms	 	18+	Harlandale Park 7227 Briar Place	Tues	6:00 pm	Inside Harlandale Community Center
Core Rhythms		18+	Southside Lions Park 3100 Hiawatha	Thurs	6:00 pm	Inside Southside Lions Community Center
Core Rhythms		18+	Lady Bird Johnson Park 10700 Nacogdoches	Sat	10:45 am	Inside Lou Hamilton Community Center *No class February 15 & 22



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In the Pool

Aqua Boot Camp is a great way to stay cool while getting a total body workout. Classes will include exercises in and out of the water.

Aqua Zumba is a pool party you shouldn't miss. Add a splash to your fitness routine with this low impact, high energy aquatic exercise!

Water Aerobics is a low impact workout, in shallow water, using the resistance of the water to produce a full body workout.

Senior Water Walking and Senior Lap Swimming are available for adults age 60 and older. Water walking provides a low impact, resistance workout while the buoyancy of the water assists with balance. This full body workout will improve endurance while building muscle tone. Senior Lap swimming provides a full body, low impact exercise which helps improve flexibility, build muscle, and improve cardiovascular endurance.










Class Name	Indoor/Outdoor	Age	Location	Day(s)	Time	Meeting Place
Aqua Boot Camp	🏠	18+	San Antonio Natatorium 1430 W. Cesar Chavez	Tues / Thurs	11:30 am	At the diving well
Aqua Zumba	🏠	18+	San Antonio Natatorium 1430 W. Cesar Chavez	Sat	1:00 pm	At the recreation pool *No class February 1 & 8
Water Aerobics	🏠	18+	San Antonio Natatorium 1430 W. Cesar Chavez	Wed / Fri	12:00 pm	At the recreation pool
Water Aerobics	🏠	10+	San Antonio Natatorium 1430 W. Cesar Chavez	Wed	5:45 pm	At the recreation pool
Lap Swimming	🏠	60+	San Antonio Natatorium 1430 W. Cesar Chavez	Mon - Fri	10:00 am to 11:00 am	At the lap pool
Lap Swimming	🏠	18+	San Antonio Natatorium 1430 W. Cesar Chavez	Mon	11:00 am to 12:00 pm	At the lap pool
Water Walking	🏠	60+	San Antonio Natatorium 1430 W. Cesar Chavez	Mon - Fri	10:00 am to 11:00 am	At the recreation pool



San Antonio Natatorium

Yoga

Exercise your mind, body and soul. Yoga helps reduce anxiety, improve flexibility, relieve stress and improve respiratory functions.










Class Name	Indoor/Outdoor	Age	Location	Day(s)	Time	Meeting Place
Yoga		18+	Phil Hardberger Park West 8400 N.W. Military Hwy.	Sun	10:00 am	Next to the basketball courts *No class February 23
Yoga		18+	Pan American Library 1122 Pyron Ave.	Sun	11:00 am	Inside Pan American Library
Yoga		12+	Encino Library 2515 E. Evans Rd.	Thurs	2:00 pm	Inside Encino Library
Yoga		18+	Municipal Plaza 114 W. Commerce	Fri	11:30 am	On the Mezzanine
Yoga		18+	Dorie Miller Park 2802 Martin Luther King Dr.	Sat	11:30 am	Inside Dorie Miller Community Center *No class February 8
Yoga		18+	Lady Bird Johnson Park 10700 Nacogdoches	Thurs	7:00 pm	Inside Lou Hamilton Community Center
Yoga		18+	Enrique Barrera Fitness Center 5800 Enrique M. Barrera Parkway	Wed	12:00 pm	Inside Enrique Barrera Fitness Center *No class February 12 & 26
Yoga	 	18+	Dignowity Park 701 Nolan	Sun	10:00 am	At the center of the park *No class February 9



Barrera Fitness Center

More Yoga

Looking for a more accessible option? Try our Chair Yoga class that utilizes a chair for added support while still improving strength and flexibility.

Class Name	Indoor/Outdoor	Age	Location	Day(s)	Time	Meeting Place
Yoga (30 minutes)		18+	Enrique Barrera Fitness Center 5800 Enrique M. Barrera Parkway	Tues / Thurs	12:45 pm	Inside Enrique Barrera Fitness Center *No class February 27
Yoga 		18+	Cuellar Park 5626 San Fernando	Tues	5:00 pm	Inside Cuellar Community Center
Yoga		12+	Comanche Lookout Park 15060 Judson Rd.	Tues	2:00 pm	Inside Julia Yates Semmes Library
Yoga		12+	Schaefer Library 6322 US Highway 87 E.	Fri	1:30 pm	Inside Schaefer Library No class February 21 & 28
Yoga hosted by the Doris Griffin Senior Center		60+	Doris Griffin Senior Center 6157 N.W. Loop 410, Suite 120	Wed	10:00 am	Inside the Doris Griffin Senior Center To reserve your spot in class, call (210) 780-7444 starting at 7:30 am on the day of class.
Yoga hosted by the District 2 Senior Center		60+	District 2 Senior Center 1751 South W.W. White Rd.	Wed	2:00 pm	Inside District 2 Senior Center To reserve your spot in class, call (210) 207-5390 starting at 7:30 am on the day of class.
Yoga hosted by the District 2 Senior Center		60+	District 2 Senior Center 1751 South W.W. White Rd.	Fri	8:30 am	Inside District 2 Senior Center To reserve your spot in class, call (210) 207-5390 starting at 7:30 am on the day of class.
Chair Yoga		18+	Dorie Miller Park 2802 Martin Luther King Dr.	Sat	10:30 am	Inside Dorie Miller Community Center *No class February 8



Cuellar Park






Zen Workouts

Qigong is a form of gentle exercise composed of movements that are repeated numerous times, often stretching the body, increasing fluid movement, and building awareness of how the body moves through space.

LES MILLS BODYFLOW is a mix of Yoga, Pilates, and Tai Chi. It focuses on strength, flexibility, and controlled breathing. The moves, stretches, and poses done in BODYFLOW are all performed to music.

Stretching is an important part of a senior's flexibility and will help offset the effects of the normal decline in the flexibility of your joints. Senior Stretch classes will incorporate breathing exercises and proper posture to maintain range of motion while performing static stretches.





Tai Chi was originally developed for self-defense, and has now evolved into a graceful form of exercise. Tai Chi involves a continuous series of controlled, usually slow movements designed to improve physical and mental well-being. Often described as meditation in motion, Tai Chi is a great low impact exercise for the mind and body!

Class Name	Indoor/Outdoor	Age	Location	Day(s)	Time	Meeting Place
Qigong		18+	Pan American Library 1122 Pyron Ave.	Fri	11:00 am	Inside Pan American Library
LES MILLS BODYFLOW hosted by the Westside YMCA		18+	Rosedale Park 2900 Ruiz	Sat	12:00 pm	Check in at the Westside YMCA reception desk
Senior Stretching hosted by the Doris Griffin Senior Center		60+	Doris Griffin Senior Center 6157 N.W. Loop 410, Suite 120	Mon / Wed / Fri	2:00 pm	Inside the Doris Griffin Senior Center To reserve your spot in class, call (210) 780-7444 starting at 7:30 am on the day of class.
Tai Chi hosted by the Doris Griffin Senior Center		60+	Doris Griffin Senior Center 6157 N.W. Loop 410, Suite 120	Tues / Fri	8:30 am	Inside the Doris Griffin Senior Center To reserve your spot in class, call (210) 780-7444 starting at 7:30 am on the day of class.
Tai Chi hosted by Bob Ross Senior Center		60+	Bob Ross Senior Center 2219 Babcock	Mon / Wed	10:00 am	Inside Bob Ross Senior Center To reserve your spot in class, call (210) 207-5300 starting at 7:30 am on the day of class.



Zumba

Working out doesn't feel like work when you're having fun. Dance, through Zumba, is a fun and engaging exercise that allows you to burn calories, improve tone and increase your endurance. Our Zumba classes always feel like a party. Join us and party yourself into shape.










Class Name	Indoor/Outdoor	Age	Location	Day(s)	Time	Meeting Place
Zumba hosted by the Westside YMCA		10+	Rosedale Park 2900 Ruiz	Sat	10:00 am	Check in at the Westside YMCA reception desk
Zumba hosted by the YMCA at O.P. Schnabel Park		10+	O.P. Schnabel Park 9606 Bandera	Fri	6:00 pm	Check in at the YMCA at O.P. Schnabel Park reception desk
Zumba hosted by Community First Health Plans		10+	Garza Park 1450 Mira Vista	Wed	6:30 pm	Inside Garza Community Center
Zumba hosted by Community First Health Plans		10+	West End Park 1401 N. Hamilton	Thurs	6:45 pm	Inside Frank Garrett Multi-Service Center
Zumba		10+	Southside Lions Park 3100 Hiawatha	Mon	6:00 pm	Inside Southside Lions Community Center
Zumba		10+	Harlandale Park 7227 Briar Place	Tues	7:00 pm	Inside Harlandale Community Center
Zumba in partnership with Community First Health Plans		10+	Southside Lions Park 3100 Hiawatha	Thurs	7:00 pm	Inside Southside Lions Community Center
Zumba in partnership with Community First Health Plans		10+	Lady Bird Johnson Park 10700 Nacogdoches	Sat	9:30 am	Inside Lou Hamilton Community Center *No class February 15 & 22



Southside Lions Park

More Zumba

Zumba Gold is perfect for active older adults who are looking for a modified Zumba class that recreates the original moves you love at a lower-intensity.

Class Name	Indoor/Outdoor	Age	Location	Day(s)	Time	Meeting Place
Zumba		10+	Southside Lions Park 3100 Hiawatha	Wed	6:30 pm	Inside Southside Lions Community Center
Zumba hosted by the Davis-Scott YMCA		10+	Pittman-Sullivan Park 1101 Iowa	Fri	6:30 pm	Check in at the Davis-Scott YMCA reception desk
Zumba Hosted by the Harvey E. Najim YMCA		18+	Harvey E. Najim YMCA 3122 Roosevelt Ave.	Fri	6:00 pm	Inside the Harvey E. Najim YMCA
Zumba		18+	Lions Field 2809 Broadway	Wed	6:30 pm	Inside Lions Field Adult & Senior Center
Zumba		18+	Lady Bird Johnson Park 10700 Nacogdoches	Wed	7:00 pm	Inside Lou Hamilton Community Center
Zumba		18+	Parman Library 20735 Wilderness Oak	Sun	12:30 pm	Inside Parman Library
Zumba Gold		18+	Commander's House 622 S. Flores	Tues	10:00 am	Inside Commander's House Adult & Senior Center
Zumba Gold	 	18+	Palm Heights Park 1201 W. Malone	Wed	6:00 pm	Inside Palm Heights Community Center



Harlandale Park

Dance Fitness

Dance is a great way to work on your overall fitness. It improves your cardiovascular endurance, muscular strength and balance. With a wide variety of dance classes including line dancing, World Dance, Folklorico, Flamenco, Belly Dance, Ballet, and Hula Dance. We have something for everyone.

Class Name	Indoor/Outdoor	Age	Location	Day(s)	Time	Meeting Place
Line Dancing		18+	Lackland Terrace Park 7902 Westshire	Fri	10:00 am	Inside Gill Community Center
Line Dancing		18+	Granados Park 500 Freiling	Mon	6:00 pm	Inside Granados Adult & Senior Center
Line Dancing		18+	Commander's House 622 S. Flores	Thurs	11:00 am	Inside Commander's House Adult & Senior Center
Line Dancing (Beginner)		18+	Lions Field 2809 Broadway	Thurs	9:30 am	Inside Lions Field Adult & Senior Center
Line Dancing (Improved)		18+	Lions Field 2809 Broadway	Thurs	10:30 am	Inside Lions Field Adult & Senior Center
Line Dancing (Intermediate)		18+	Lions Field 2809 Broadway	Thurs	11:30 am	Inside Lions Field Adult & Senior Center
Line Dancing		18+	West End Park 1401 N. Hamilton	Thurs	6:00 pm	Inside Frank Garrett Multi-Service Center
Line Dancing hosted by the District 2 Senior Center		60+	District 2 Senior Center 1751 South W.W. White Rd.	Tues / Thurs	1:00 pm	Inside District 2 Senior Center To reserve your spot in class, call (210) 207-5390 starting at 7:30 am on the day of class.
Hula Dance		6+	Lady Bird Johnson Park 10700 Nacogdoches	Mon / Wed	6:00 pm	Inside Lou Hamilton Community Center
Hip Hop Dance (90 minutes)		18+	Copernicus Park 5003 Lord Rd.	Wed / Thurs	7:15 pm	Inside Copernicus Community Center
World Dance		18+	Joe Ward Park 435 E. Sunshine	Thurs	6:30 pm	Inside Joe Ward Community Center
Flamenco Fitness		18+	Commander's House 622 S. Flores	Mon	11:00 am	Inside Commander's House Adult & Senior Center
Flamenco Fitness		18+	Lions Field 2809 Broadway	Wed	10:30 am	Inside Lions Field Adult & Senior Center



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More Dance Fitness

Child & Me is a family & child workout class. Participants will have fun executing different styles of dance together. This class is designed for children 4-6 years old accompanied by an adult.

Class Name		Indoor/Outdoor	Age	Location	Day(s)	Time	Meeting Place
Belly Dance	NEW	🏠	18+	Woodlawn Lake Park 1103 Cincinnati	Thurs	1:00 pm	Inside Berta Almaguer Dance Studio
Belly Dance	NEW	🏠	18+	Granados Park 500 Freiling	Wed	1:15 pm	Inside Granados Adult & Senior Center
Ballet Exercise	NEW	🏠	18+	Woodlawn Lake Park 1103 Cincinnati	Tues	3:00 pm	Inside Berta Almaguer Dance Studio
Folkloric Fitness		🏠	18+	Commander's House 622 S. Flores	Mon	10:00 am	Inside Commander's House Adult & Senior Center
Folkloric Fitness		🏠	18+	Lions Field 2809 Broadway	Wed	9:30 am	Inside Lions Field Adult & Senior Center
Folklorico	NEW	🏠	18+	Granados Park 500 Freiling	Wed	2:00 pm	Inside Granados Adult & Senior Center
Folklorico	NEW	🏠	18+	Woodlawn Lake Park 1103 Cincinnati	Fri	3:00 pm	Inside Berta Almaguer Dance Studio
Child & Me (Family & child workout)	NEW	🏠	4-6 18+	Woodlawn Lake Park 1103 Cincinnati	Thurs	2:00 pm	Inside Berta Almaguer Dance Studio



Berta Almaguer Dance Studio








Other Cardio

Our cardio kickboxing class is a high energy, non-contact, martial arts based workout. Using body weight exercises and athletic drills, you will strengthen your legs, core, and arms, while improving your balance, stamina, and flexibility. The Cardio Kickboxing / Body Sculpting class will also incorporate strength training exercises to tone and strengthen the muscles.

Boxing Conditioning class teaches basic boxing skills and techniques, designed to increase muscular strength and cardio endurance! All exercises will be non-contact, but designed to produce a full body workout.

Cardio X will have participants' hearts pumping with rhythmic aerobic exercises and strength training routines.

LES MILLS BODYCOMBAT is a non-contact, energetic program inspired by martial arts that draws from a wide array of disciplines such as karate, boxing, Taekwondo, Tai Chi, and Muay Tai. Supported by energetic music, you will strike, kick, and punch your way through calories to superior cardiac fitness.

Class Name	Indoor/Outdoor	Age	Location	Day(s)	Time	Meeting Place
Cardio Kickboxing		18+	Walker Ranch Park 12603 West Ave.	Wed	6:00 pm	Next to the pavilion
Cardio Kickboxing / Body Sculpting		18+	Garza Park 1450 Mira Vista	Tues / Thurs	5:15 pm	Inside Garza Community Center
Boxing Conditioning (Non-contact)		8+	Lincoln Park 2915 E. Commerce	Wed	6:30 pm	Inside Lincoln Community Center
Cardio X	 	18+	Enrique Barrera Fitness Center 5800 Enrique M. Barrera Parkway	Mon	5:30 pm	Inside Enrique Barrera Fitness Center
LES MILLS BODYCOMBAT hosted by the Mays Family YMCA at Potranco		18+	Mays Family YMCA at Potranco 8765 Hwy. 151 Access Rd.	Sun	2:15 pm	Check in at the reception desk of the Mays Family YMCA at Potranco
Cycle hosted by the Davis-Scott YMCA		18+	Pittman-Sullivan Park 1101 Iowa	Wed	5:30 pm	Check in at the Davis-Scott YMCA reception desk






Walker Ranch Park

Biking and Running Groups

South Texas Off Road Mountain-Bikers (STORM) invites you to join them for their weekly trail ride at McAllister Park. Riders must have a trail ready bike, helmet, one or two lights, and water source.

Troop Trek is a running clinic and tutorial. The class is dedicated to the beginner and intermediate runners, however all levels are welcome. Troop Trek distances are approximately 1 - 3 miles and incorporate interval, tempo, and ability group runs. Suggested training paces between 9 and 15 minutes per mile.

Run SA Youth is a non-profit organization that provides incentivized running programs to youth in order to encourage physical activity and wellness. All Run SA Youth classes are for youth aged 6-12 years, noncompetitive, and open to all levels.

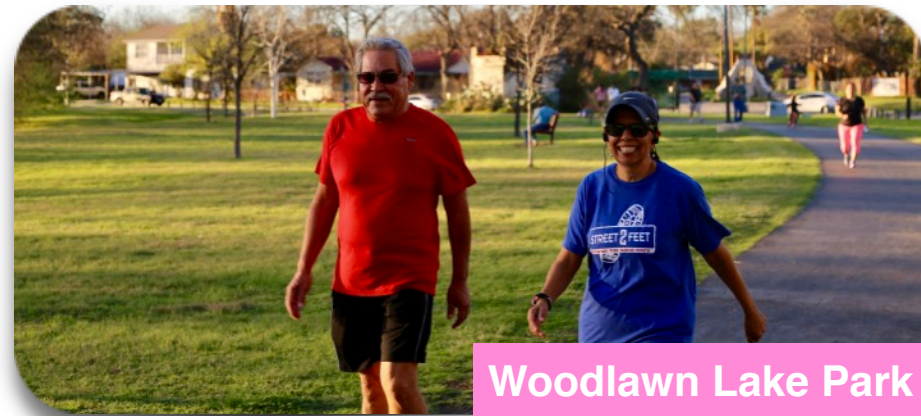
Class Name	Indoor/Outdoor	Age	Location	Day(s)	Time	Meeting Place
STORM Dirt Trail Group Ride		18+	McAllister Park 13102 Jones Maltsberger	Thurs	6:30 pm	At the Turkey Roost Pavilion For more information visit https://stormmtb.org
Troop Trek	 	18+	McAllister Park 13102 Jones Maltsberger	Sat, February 1 Sat, February 15	8:00 am	At the Turkey Roost Pavilion
Trail Run		18+	Phil Hardberger Park East 13203 Blanco	Sun	9:00 am	At the playground
Run SA Youth 5K Training		6-12	Kennedy Park 3299 SW 28th Street	Tues / Thurs	6:30 pm	At the open sports field *No class February 18, 20, 25 & 27
Run SA Youth 5K Training		6-12	Mission Marquee Plaza 3100 Roosevelt	Mon / Wed	6:30 pm	At the open field *No class February 17, 19, 24 & 26

















Kennedy Park

Walking Groups

Making Strides is a fitness walking group dedicated to the beginner and intermediate walkers, however all levels are welcome. Distances usually start around 1 to 2 miles, and classes incorporate interval and tempo walks. Strength training exercises will be incorporated to help improve fitness levels.



Woodlawn Lake Park

Class Name		Indoor/Outdoor	Age	Location	Day(s)	Time	Meeting Place
Social Walk			18+	Lackland Terrace Park 7902 Westshire	Mon	10:00 am	Inside Gill Community Center
Making Strides Fitness Walking			10+	Woodlawn Lake Park 1103 Cincinnati	Mon / Thurs	5:30 pm	Inside Woodlawn Lake Gym
Walking Group			10+	Copernicus Park 5003 Lord Rd.	Wed	6:00 pm	Inside Copernicus Community Center
Walking Group			10+	Miller's Pond Park 6175 Old Pearsall Rd.	Tues / Thurs	6:00 pm	Inside Miller's Pond Community Center
Walking Group			10+	Harlandale Park 7227 Briar Place	Tues / Thurs	6:00 pm	Inside Harlandale Community Center
Walking Group			18+	Commander's House 622 S. Flores	Tues / Thurs	8:30 am	Inside Commander's House Adult & Senior Center
Walking Group			10+	San Pedro Springs Park 1315 San Pedro	Wed, February 26	6:00 pm	At McFarlin Tennis Center
Flashlight Walking Group			18+	Lions Field 2809 Broadway	Tues	6:30 pm	Inside Lions Field Adult & Senior Center
Walk with a Doc hosted by CentroMed			Family	Arnold Park 1011 Gillette	Sat, February 8	9:00 am	At the entrance to Ramirez Community Center
Walk with a Doc hosted by CentroMed			Family	Lou Kardon Park 6161 Gibbs Sprawl Rd.	Sat, February 22	9:00 am	At the playground
Walk with a Doc hosted by South Alamo Medical Group			Family	Southside Lions Park East 4000 Pecan Valley Dr.	Sat, February 15	9:00 am	At pavilion #2
Go365 Walk			Family	Phil Hardberger Park East 13203 Blanco	Sat, February 8	8:30 am to 11:30 am	At the outdoor classrooms

Just for Kids

Fitness in the Park is proud to offer **free** exercise classes specifically designed for kids. Our youth fitness classes are so fun, kids won't even realize they're working out!

Sports Conditioning classes will consist of basketball and volleyball drills designed to help improve athletic performance.

South Texas Off Road Mountain-Bikers (STORM) wants to share their passion for mountain biking with the next generation. All kids must have a trail worthy bicycle, helmet, and water source.









Barrera Fitness Center

Class Name	Indoor/Outdoor	Age	Location	Day(s)	Time	Meeting Place
Sports Conditioning (Advanced)		11-17	Arnold Park 1011 Gillette	Mon / Tues	6:00 pm	At the outdoor sports field
Sports Conditioning (Beginner)		11-17	Arnold Park 1011 Gillette	Wed / Thurs	6:00 pm	At the outdoor sports field
Sports Conditioning		11-13	Arnold Park 1011 Gillette	Sat	2:00 pm	Inside Ramirez Community Center
Sports Conditioning		14-17	Arnold Park 1011 Gillette	Sat	3:00 pm	Inside Ramirez Community Center
Volleyball Conditioning		11-17	Dawson Park 2500 E. Commerce	Mon	7:00 pm	Inside Dawson Community Center
Volleyball Conditioning		14-17	Arnold Park 1011 Gillette	Sat	10:00 am	Inside Ramirez Community Center
Volleyball Conditioning		13-17	Palm Heights Park 1201 W. Malone	Tues	6:00 pm	Inside Palm Heights Community Center
Volleyball Conditioning		11-13	Joe Ward Park 435 E. Sunshine	Sat	10:00 am	Inside Joe Ward Community Center
Volleyball Conditioning		14-17	Joe Ward Park 435 E. Sunshine	Sat	12:00 pm	Inside Joe Ward Community Center
STORM Kidz Bike Ride		6-17	McAllister Park 13102 Jones Maltsberger	Sat, February 1	10:00 am	The field by the dog park
Home School PE		4-17	Enrique Barrera Fitness Center 5800 Enrique M. Barrera Parkway	Fri	1:00 pm	Inside Enrique Barrera Fitness Center

Net Sports

Whether you're new to tennis or just want to brush up on your skills, our non-competitive tennis sessions hosted by the San Antonio Tennis Association (SATA) are perfect for those that want to get back into the "swing" of things. For a variation on traditional tennis, try table tennis or pickleball.

Class Name	Indoor/Outdoor	Age	Location	Day(s)	Time	Meeting Place
Table Tennis		18+	Mission Library 3134 Roosevelt	Tues / Thurs	1:00 pm to 3:00 pm	Inside Mission Library No class February 20 & 27
Table Tennis		18+	Mission Library 3134 Roosevelt	Sat	3:00 pm to 5:00 pm	Inside Mission Library *No class February 22
Beginner Tennis hosted by SATA		6+	San Pedro Springs Park 1315 San Pedro	Thurs	6:00 pm to 7:30 pm	Inside McFarlin Tennis Center Courts 17 - 19
Pickleball		10+	Lady Bird Johnson Park 10700 Nacogdoches	Sat	9:00 am to 1:00 pm	Inside Lou Hamilton Community Center
Pickleball		10+	Woodard Park 1011 Locke	Sat	10:00 am to 12:00 pm	Inside Woodard Community Center
Pickleball		18+	Granados Park 500 Freiling	Mon	10:30 am to 11:30 am	Inside Granados Adult & Senior Center



San Pedro Springs Park

Troops for Fitness is a series of fitness classes taught by skilled military veterans. The San Antonio Parks and Recreation Department is proud to offer veteran led fitness classes.

The following **Fitness in the Park** classes found within this schedule are official **Troops for Fitness** classes:

- **Boot Camp**
Woodlawn Lake Park
- **Circuit Training**
Bonnie Conner Park
Lou Kardon Park
McAllister Park
- **Interval Training**
Bonnie Conner Park
Joe Ward Park
Woodlawn Lake Park
- **SPEAR Training**
McAllister Park
Woodlawn Lake Park
Joe Ward Park
- **Walking/Running Group**
Woodlawn Lake Park
McAllister Park
- **Yoga**
Dignowity Park
- **Core Training**
Bonnie Conner Park
Woodlawn Lake Park



Woodlawn Lake Park

Weekly Schedule

January - February 2020

Monday January 27	Tuesday January 28	Wednesday January 29	Thursday January 30	Friday January 31	Saturday February 1	Sunday February 2
5:15 am Circuit Training Walker Ranch Park	8:30 am Tai Chi Doris Griffin Senior Center Walking Group Commander's House Adult & Senior Center	9:30 am Folkloric Fitness Lions Field Adult & Senior Center	8:30 am Walking Group Commander's House Adult & Senior Center	8:30 am Yoga District 2 Senior Center Tai Chi Doris Griffin Senior Center	8:00 am Troop Trek McAllister Park	9:00 am Interval Training Phil Hardberger Park West Go Fetch Run Phil Hardberger Park East Trail Run Phil Hardberger Park East
6:00 am Interval Training Walker Ranch Park	10:00 am Chair Exercises Lackland Terrace Park Senior Lap Swimming SA Natatorium Senior Water Walking SA Natatorium Zumba Gold Commander's House Adult & Senior Center	10:00 am Senior Lap Swimming SA Natatorium Senior Water Walking SA Natatorium Yoga Doris Griffin Senior Center Tai Chi Bob Ross Senior Center	10:00 am Senior Lap Swimming SA Natatorium Senior Water Walking SA Natatorium Beginner Line Dancing Lions Field Adult & Senior Center	9:00 am Boot Camp Labor Street Park	9:00 am SPEAR Training McAllister Park Boot Camp Pearsall Park Pickleball LBJ Park	
8:30 am Boot Camp Panther Springs Park	8:45 am Circuit Training Lou Kardon Park			9:30 am Stroller Strides Northridge Park Strength & Balance Commander's House	9:30 am Zumba LBJ Park	10:00 am Boot Camp Phil Hardberger Park East Yoga Phil Hardberger Park West Yoga Dignowity Park
10:00 am Senior Lap Swimming SA Natatorium Senior Water Walking SA Natatorium Tai Chi Bob Ross Senior Center Folkloric Fitness Commander's House Adult & Senior Center Social Walk Lackland Terrace Park	11:30 am Aqua Boot Camp SA Natatorium	10:30 am Flamenco Fitness Lions Field Adult & Senior Center	11:00 am Line Dancing Commander's House Adult & Senior Center Intermediate Line Dancing Lions Field Adult & Senior Center	10:00 am Strength & Balance Lackland Terrace Park Fun Fitness with Sandy Commander's House Senior Lap Swimming SA Natatorium Senior Water Walking SA Natatorium Line Dancing Lackland Terrace Park	10:00 am Circuit Training McAllister Park Adventure Course Circuit Pearsall Park Zumba Rosedale Park Volleyball Conditioning Arnold Park Volleyball Conditioning Joe Ward Park STORM Kidz McAllister Park Pickleball Woodard Park	11:00 am Core Training Phil Hardberger Park East Yoga Pan American Library
10:30 am Low Impact Circuit Training Parman Library Pickleball Granados Park	12:00 pm Interval Training Barrera FC	12:00 pm Water Aerobics SA Natatorium Yoga Barrera FC	11:30 am Aqua Boot Camp SA Natatorium			
11:00 am Lap Swimming SA Natatorium Flamenco Fitness Commander's House Adult & Senior Center	12:30 pm Low Impact Circuit Training Granados Park	1:00 pm Strength & Conditioning District 2 Senior Center	12:30 pm Low Impact Circuit Training Granados Park	11:00 am Qigong Pan American Library		12:30 pm Zumba Parman Library
11:30 am Core Training Parman Library	1:00 pm Circuit Training Comanche Lookout Park Table Tennis Mission Library Line Dancing District 2 Senior Center	2:00 pm Yoga District 2 Senior Center Senior Stretching Doris Griffin Senior Center	1:00 pm Circuit Training Encino Library Line Dancing District 2 Senior Center Table Tennis Mission Library	11:30 am Yoga Plaza de Armas Gallery	10:30 am Chair Yoga Dorie Miller Park	2:15 pm BODYCOMBAT Mays Family YMCA at Potranco
12:00 pm Barre Fitness Great Northwest Library	2:00 pm Yoga Comanche Lookout Park	5:30 pm Cycle Pittman-Sullivan Park	2:00 pm Yoga Encino Park	1:00 pm Home School PE Barrera FC	10:45 am Core Rhythms LBJ Park	
1:00 pm Strength & Conditioning District 2 Senior Center Core Training Great Northwest Library	5:00 pm Yoga Cuellar Park	5:45 pm Water Aerobics SA Natatorium	5:15 pm Cardio Kickboxing Garza Park	12:00 pm Water Aerobics SA Natatorium	11:00 am BODYPUMP Rosedale Park Core Training Pearsall Park	
2:00 pm Senior Stretching Doris Griffin Senior Center	5:15 pm Cardio Kickboxing Garza Park	6:00 pm Hula Dance LBJ Park Cardio Kickboxing Walker Ranch Park Beginner Sports Conditioning Arnold Park	5:30 pm Total Body Toning Granados Park Making Strides Woodlawn Lake Park	1:30 pm Yoga Schaefer Library	11:30 am Yoga Dorie Miller	
5:30 pm Cardio X Barrera FC Making Strides Woodlawn Lake Park	6:00 pm Boot Camp Travis Park Circuit Training Bonnie Conner Park BODYPUMP Rosedale Park Total Body Toning Granados Park	6:30 pm Interval Training Joe Ward Park Core Training Normoyle Park Zumba Garza Park Zumba Southside Lions Park Zumba Lions Field Adult & Senior Center Run SA Youth Mission Marquee Plaza Boxing Conditioning Lincoln Park	6:00 pm Boot Camp Wheatley Park Circuit Training Barrera FC Circuit Training LBJ Park Core Rhythms Southside Lions Park Family Fun Circuit Training Comanche Lookout Park Line Dancing West End Park Walking Group Miller's Pond Park Beginner Sports Conditioning Arnold Park Volleyball Conditioning Palm Heights Park Beginner Tennis San Pedro Springs Park Walking Group Harlandale Park	2:00 pm Senior Stretching Doris Griffin Senior Center	12:00 pm BODYFLOW Rosedale Park Volleyball Conditioning Joe Ward Park	
6:00 pm Butts & Guts Elmendorf Lake Park Zumba Southside Lions Park Line Dancing Granados Park Hula Dance LBJ Park Advanced Sports Conditioning Arnold Park	6:30 pm Interval Training Bonnie Conner Park BODYCOMBAT Rosedale Park Run SA Youth Kennedy Park	7:00 pm Interval Training Walker Ranch Park Zumba LBJ Park	6:15 pm Fitball Toning Barrera FC	5:30 pm Circuit Training San Pedro Springs Park Walking Group Copernicus Park	2:00 pm Sports Conditioning Arnold Park	
6:15 pm Boot Camp Barrera FC	7:00 pm Circuit Training Palm Heights Park Equilibrium Bonnie Conner Park	7:15 pm Hip Hop Dance Copernicus Park	6:30 pm SPEAR Training Woodlawn Lake Park Boot Camp Garza Park Boot Camp O.P. Schnabel Park World Dance Joe Ward Park STORM Trail Ride McAllister Park Run SA Youth Kennedy Park	6:00 pm Zumba O.P. Schnabel Park Zumba Harvey Najim YMCA	3:00 pm Sports Conditioning Arnold Park Table Tennis Mission Library	
6:30 pm Boot Camp Woodlawn Lake Park Boot Camp Garza Park Core Training Normoyle Park Run SA Youth Mission Marquee Plaza		7:30 pm SPEAR Training Joe Ward Park	6:45 pm Zumba West End Park	6:30 pm Zumba Pittman-Sullivan Park		
7:00 pm Low Impact Circuit Training Elmendorf Lake Park Volleyball Conditioning Dawson Park			7:00 pm Circuit Training Palm Heights Park Core Training Wheatley Park Yoga LBJ Park Zumba Southside Lions Park			
7:30 pm CoRE Woodlawn Lake Park			7:15 pm Hip Hop Dance Copernicus Park			
			7:30 pm Interval Training Woodlawn Lake Park Lower Body Blast O.P. Schnabel Park			
			8:00 pm Core Training O.P. Schnabel Park			

Weekly Schedule

February 2020

Monday February 3	Tuesday February 4	Wednesday February 5	Thursday February 6	Friday February 7	Saturday February 8	Sunday February 9
5:15 am Circuit Training Walker Ranch Park	8:30 am Tai Chi Doris Griffin Senior Center Walking Group Commander's House Adult & Senior Center	8:30 am Boot Camp Panther Springs Park	8:30 am Walking Group Commander's House Adult & Senior Center	8:30 am Yoga District 2 Senior Center Tai Chi Doris Griffin Senior Center	8:30 am Go365 Walk Phil Hardberger Park East	9:00 am Interval Training Phil Hardberger Park West Trail Run Phil Hardberger Park East
6:00 am Interval Training Walker Ranch Park	10:00 am Chair Exercises Lackland Terrace Park Senior Lap Swimming SA Natatorium Senior Water Walking SA Natatorium Zumba Gold Commander's House Adult & Senior Center	8:45 am Circuit Training Lou Kardon Park	9:30 am Beginner Line Dancing Lions Field Adult & Senior Center	9:00 am Boot Camp Labor Street Park	9:00 am SPEAR Training McAllister Park Boot Camp Pearsall Park Walk with a Doc Arnold Park Pickleball LBJ Park	10:00 am Boot Camp Phil Hardberger Park East Yoga Phil Hardberger Park West
8:30 am Boot Camp Panther Springs Park	11:30 am Aqua Boot Camp SA Natatorium	9:30 am Folkloric Fitness Lions Field Adult & Senior Center	10:00 am Senior Lap Swimming SA Natatorium Senior Water Walking SA Natatorium	9:30 am Stroller Strides Northridge Park Strength & Balance Commander's House	9:30 am Zumba LBJ Park	11:00 am Core Training Phil Hardberger Park East Yoga Pan American Library
10:00 am Senior Lap Swimming SA Natatorium Senior Water Walking SA Natatorium Tai Chi Bob Ross Senior Center Folkloric Fitness Commander's House Adult & Senior Center Social Walk Lackland Terrace Park	12:00 pm Interval Training Barrera FC	10:00 am Senior Lap Swimming SA Natatorium Senior Water Walking SA Natatorium Yoga Doris Griffin Senior Center Tai Chi Bob Ross Senior Center	10:30 am Improved Line Dancing Lions Field Adult & Senior Center	10:00 am Strength & Balance Lackland Terrace Park Fun Fitness with Sandy Commander's House Senior Lap Swimming SA Natatorium Senior Water Walking SA Natatorium Line Dancing Lackland Terrace Park	10:00 am Circuit Training McAllister Park Adventure Course Pearsall Park Zumba Rosedale Park Volleyball Conditioning Arnold Park Volleyball Conditioning Joe Ward Park Pickleball Woodard Park	12:30 pm Zumba Parman Library
10:30 am Low Impact Circuit Training Parman Library	12:30 pm Low Impact Circuit Training Granados Park Yoga Barrera FC	10:30 am Flamenco Fitness Lions Field Adult & Senior Center	11:30 am Aqua Boot Camp SA Natatorium Intermediate Line Dancing Lions Field Adult & Senior Center	12:30 pm Low Impact Circuit Training Granados Park Yoga Barrera FC	11:00 am Qigong Pan American Library	2:15 pm BODYCOMBAT Mays Family YMCA at Potranco
11:00 am Lap Swimming SA Natatorium Flamenco Fitness Commander's House Adult & Senior Center	12:45 pm Yoga Barrera FC	12:00 pm Water Aerobics SA Natatorium Yoga Barrera FC	12:30 pm Low Impact Circuit Training Granados Park	12:45 pm Yoga Barrera FC	10:45 am Core Rhythms LBJ Park	
11:30 am Core Training Parman Library	1:00 pm Circuit Training Comanche Lookout Park Line Dancing District 2 Senior Center Table Tennis Mission Library	1:00 pm Strength & Conditioning District 2 Senior Center	1:00 pm Circuit Training Encino Library Line Dancing District 2 Senior Center Table Tennis Mission Library Belly Dance Berta Almaguer Dance Studio at Woodlawn Lake Park	11:30 am Yoga Municipal Plaza	11:00 am BODYPUMP Rosedale Park Core Training Pearsall Park	
12:00 pm Barre Fitness Great Northwest Library	2:00 pm Yoga Comanche Lookout Park	1:15 pm Belly Dance Granados Park	2:00 pm Yoga District 2 Senior Center Senior Stretching Doris Griffin Senior Center Folklorico Granados Park	12:00 pm Water Aerobics SA Natatorium	12:00 pm BODYFLOW Rosedale Park Volleyball Conditioning Joe Ward Park	
1:00 pm Strength & Conditioning District 2 Senior Center Core Training Great Northwest Library	3:00 pm Ballet Exercise Berta Almaguer Dance Studio at Woodlawn Lake Park	2:00 pm Yoga District 2 Senior Center Senior Stretching Doris Griffin Senior Center Folklorico Granados Park	2:00 pm Yoga Encino Park Child & Me Berta Almaguer Dance Studio at Woodlawn Lake Park	1:00 pm Home School PE Barrera FC	2:00 pm Senior Stretching Doris Griffin Senior Center	
2:00 pm Senior Stretching Doris Griffin Senior Center	5:00 pm Yoga Cuellar Park	5:30 pm Cycle Pittman-Sullivan Park	5:15 pm Cardio Kickboxing Garza Park	1:30 pm Yoga Schaefer Library	3:00 pm Folklorico Berta Almaguer Dance Studio at Woodlawn Lake Park	
5:30 pm Cardio X Barrera FC Making Strides Woodlawn Lake Park	5:15 pm Cardio Kickboxing Garza Park	5:45 pm Water Aerobics SA Natatorium	5:30 pm Total Body Toning Granados Park Making Strides Woodlawn Lake Park	2:00 pm Senior Stretching Doris Griffin Senior Center	5:30 pm Circuit Training San Pedro Springs Park	
6:00 pm Butts & Guts Elmendorf Lake Park Zumba Southside Lions Park Line Dancing Granados Park Hula Dance LBJ Park Advanced Sports Conditioning Arnold Park	5:30 pm Boot Camp Travis Park Circuit Training Bonnie Conner Park Total Body Toning Granados Park Making Strides Woodlawn Lake Park Stability Ball Fitness Lions Field Adult & Senior Center	6:00 pm Zumba Gold Palm Heights Park Hula Dance LBJ Park Cardio Kickboxing Walker Ranch Park Beginner Sports Conditioning Arnold Park Walking Group Copernicus Park	6:00 pm Boot Camp Wheatley Park Circuit Training Barrera FC Circuit Training Palm Heights Park Family Fun Circuit Training Comanche Lookout Park Butts & Guts LBJ Park Core Rhythms Southside Lions Park Line Dancing West End Park Walking Group Miller's Pond Park Beginner Sports Conditioning Arnold Park Walking Group Harlandale Park Beginner Tennis San Pedro Springs Park	6:00 pm Zumba O.P. Schnabel Park Zumba Harvey Najim YMCA	6:00 pm Zumba O.P. Schnabel Park Zumba Harvey Najim YMCA	
6:15 pm Boot Camp Barrera FC	6:00 pm Circuit Training Barrera FC Core Rhythms Harlandale Park Walking Group Miller's Pond Park Advanced Sports Conditioning Arnold Park Walking Group Harlandale Park Volleyball Conditioning Palm Heights Park	6:30 pm Interval Training Joe Ward Park Cross Training Garza Park Zumba Garza Park Zumba Southside Lions Park Zumba Lions Field Adult & Senior Center Boxing Conditioning Lincoln Park Run SA Youth Mission Marquee Plaza	6:15 pm Fitball Toning Barrera FC	6:30 pm Zumba Pittman-Sullivan Park		
6:30 pm Boot Camp Woodlawn Lake Park Cross Training Garza Park Run SA Youth Mission Marquee Plaza	6:30 pm Boot Camp Garza Park Interval Training Bonnie Conner Park Run SA Youth Kennedy Park Flashlight Walk Lions Field Adult & Senior Center	7:00 pm Interval Training Walker Ranch Park Zumba LBJ Park	6:30 pm SPEAR Training Woodlawn Lake Park Boot Camp Garza Park Boot Camp O.P. Schnabel Park World Dance Joe Ward Park STORM Trail Ride McAllister Park Run SA Youth Kennedy Park			
7:00 pm Low Impact Circuit Training Elmendorf Lake Park Volleyball Conditioning Dawson Park	7:00 pm Equilibrium Bonnie Conner Park Zumba Harlandale Park	7:15 pm Hip Hop Dance Copernicus Park	6:45 pm Zumba West End Park			
7:30 pm CoRE Woodlawn Lake Park		7:30 pm SPEAR Training Joe Ward Park	7:00 pm Core Training Wheatley Park Yoga LBJ Park Zumba Southside Lions Park			
			7:15 pm Hip Hop Dance Copernicus Park			
			7:30 pm Interval Training Woodlawn Lake Park Lower Body Blast O.P. Schnabel Park			
			8:00 pm Core Training O.P. Schnabel Park			

Monday February 10	Tuesday February 11	Wednesday February 12	Thursday February 13	Friday February 14	Saturday February 15	Sunday February 16
5:15 am Circuit Training Walker Ranch Park	8:30 am Tai Chi Doris Griffin Senior Center Walking Group Commander's House Adult & Senior Center	8:30 am Boot Camp Panther Springs Park	8:30 am Walking Group Commander's House Adult & Senior Center	8:30 am Yoga District 2 Senior Center Tai Chi Doris Griffin Senior Center	8:00 am Troop Trek McAllister Park	9:00 am Interval Training Phil Hardberger Park West Trail Run Phil Hardberger Park East
6:00 am Interval Training Walker Ranch Park	10:00 am Chair Exercises Lackland Terrace Park Senior Lap Swimming SA Natatorium Senior Water Walking SA Natatorium Zumba Gold Commander's House Adult & Senior Center	8:45 am Circuit Training Lou Kardon Park	9:30 am Beginner Line Dancing Lions Field Adult & Senior Center	9:00 am Boot Camp Labor Street Park	9:00 am SPEAR Training McAllister Park Boot Camp Pearsall Park Walk with a Doc Southside Lions Park East Pickleball LBJ Park	10:00 am Boot Camp Phil Hardberger Park East Yoga Phil Hardberger Park West Yoga Dignowity Park
8:30 am Boot Camp Panther Springs Park	11:30 am Aqua Boot Camp SA Natatorium	9:30 am Folkloric Fitness Lions Field Adult & Senior Center	10:00 am Senior Lap Swimming SA Natatorium Senior Water Walking SA Natatorium	9:30 am Stroller Strides Northridge Park	10:00 am Circuit Training McAllister Park Adventure Course Circuit Pearsall Park Zumba Rosedale Park Volleyball Conditioning Arnold Park	11:00 am Core Training Phil Hardberger Park East Yoga Pan American Library
8:45 am Circuit Training Lou Kardon Park	12:00 pm Interval Training Barrera FC	10:00 am Senior Lap Swimming SA Natatorium Senior Water Walking SA Natatorium Yoga Doris Griffin Senior Center Tai Chi Bob Ross Senior Center	10:30 am Improved Line Dancing Lions Field Adult & Senior Center	10:00 am Strength & Balance Commander's House	10:30 am Chair Yoga Dorie Miller Park	12:30 pm Zumba Parman Library
10:00 am Senior Lap Swimming SA Natatorium Senior Water Walking SA Natatorium Tai Chi Bob Ross Senior Center Folkloric Fitness Commander's House Adult & Senior Center Social Walk Lackland Terrace Park	12:30 pm Low Impact Circuit Training Granados Park	10:30 am Flamenco Fitness Lions Field Adult & Senior Center	11:30 am Aqua Boot Camp SA Natatorium Intermediate Line Dancing Lions Field Adult & Senior Center	10:30 am Strength & Balance Lackland Terrace Park Fun Fitness with Sandy Commander's House Senior Lap Swimming SA Natatorium Senior Water Walking SA Natatorium Line Dancing Lackland Terrace Park	10:30 am Chair Yoga Dorie Miller Park	2:15 pm BODYCOMBAT Mays Family YMCA at Potranco
10:30 am Low Impact Circuit Training Parman Library	12:45 pm Yoga Barrera FC	12:00 pm Water Aerobics SA Natatorium	12:30 pm Low Impact Circuit Training Granados Park	11:00 am Qigong Pan American Library	11:00 am BODYPUMP Rosedale Park Core Training Pearsall Park	
11:00 am Lap Swimming SA Natatorium Flamenco Fitness Commander's House Adult & Senior Center	1:00 pm Circuit Training Comanche Lookout Park Line Dancing District 2 Senior Center Table Tennis Mission Library	1:00 pm Strength & Conditioning District 2 Senior Center	12:45 pm Yoga Barrera FC	11:30 am Yoga Municipal Plaza	11:30 am Yoga Dorie Miller	
11:30 am Core Training Parman Library	2:00 pm Yoga Comanche Lookout Park	1:15 pm Belly Dance Granados Park	1:00 pm Circuit Training Encino Library Line Dancing District 2 Senior Center Table Tennis Mission Library Belly Dance Berta Almaguer Dance Studio at Woodlawn Lake Park	12:00 pm Water Aerobics SA Natatorium	12:00 pm BODYFLOW Rosedale Park Volleyball Conditioning Joe Ward Park	
12:00 pm Barre Fitness Great Northwest Library	3:00 pm Ballet Exercise Berta Almaguer Dance Studio at Woodlawn Lake Park	2:00 pm Yoga District 2 Senior Center Senior Stretching Doris Griffin Senior Center Folklorico Granados Park	2:00 pm Yoga Encino Park Child & Me Berta Almaguer Dance Studio at Woodlawn Lake Park	1:00 pm Home School PE Barrera FC	1:00 pm Aqua Zumba SA Natatorium	
1:00 pm Strength & Conditioning District 2 Senior Center Core Training Great Northwest Library	5:00 pm Yoga Cuellar Park	5:30 pm Cycle Pittman-Sullivan Park	5:15 pm Cardio Kickboxing Garza Park	1:30 pm Yoga Schaefer Library	2:00 pm Senior Stretching Doris Griffin Senior Center	
2:00 pm Senior Stretching Doris Griffin Senior Center	5:15 pm Cardio Kickboxing Garza Park	5:45 pm Water Aerobics SA Natatorium	5:30 pm Total Body Toning Granados Park Making Strides Woodlawn Lake Park	3:00 pm Folklorico Berta Almaguer Dance Studio at Woodlawn Lake Park	3:00 pm Sports Conditioning Arnold Park	
5:30 pm Cardio X Barrera FC Making Strides Woodlawn Lake Park	5:30 pm Boot Camp Travis Park Circuit Training Bonnie Conner Park Total Body Toning Granados Park Making Strides Woodlawn Lake Park Stability Ball Fitness Lions Field Adult & Senior Center	6:00 pm Zumba Gold Palm Heights Park Hula Dance LBJ Park Cardio Kickboxing Walker Ranch Park Beginner Sports Conditioning Arnold Park Walking Group Copernicus Park	6:00 pm Boot Camp Wheatley Park Circuit Training Barrera FC Circuit Training Palm Heights Park Butts & Guts LBJ Park Core Rhythms Southside Lions Park Line Dancing West End Park Walking Group Miller's Pond Park Beginner Sports Conditioning Arnold Park Walking Group Harlandale Park Beginner Tennis San Pedro Springs Park	5:30 pm Circuit Training San Pedro Springs Park	3:00 pm Table Tennis Mission Library	
6:00 pm Butts & Guts Elmendorf Lake Park Zumba Southside Lions Park Line Dancing Granados Park Hula Dance LBJ Park Advanced Sports Conditioning Arnold Park	6:00 pm Circuit Training Barrera FC Core Rhythms Harlandale Park Walking Group Miller's Pond Park Advanced Sports Conditioning Arnold Park Walking Group Harlandale Park Volleyball Conditioning Palm Heights Park	6:30 pm Interval Training Joe Ward Park Cross Training Garza Park Zumba Garza Park Zumba Southside Lions Park Zumba Lions Field Adult & Senior Center Boxing Conditioning Lincoln Park Run SA Youth Mission Marquee Plaza	6:15 pm Fitball Toning Barrera FC	6:00 pm Zumba O.P. Schnabel Park Zumba Harvey Najm YMCA		
6:15 pm Boot Camp Barrera FC	6:30 pm Boot Camp Garza Park Interval Training Bonnie Conner Park Run SA Youth Kennedy Park Flashlight Walk Lions Field Adult & Senior Center	7:00 pm Interval Training Walker Ranch Park Zumba LBJ Park	6:30 pm SPEAR Training Woodlawn Lake Park Boot Camp Garza Park Boot Camp O.P. Schnabel Park World Dance Joe Ward Park STORM Trail Ride McAllister Park Run SA Youth Kennedy Park	6:30 pm Zumba Pittman-Sullivan Park		
6:30 pm Boot Camp Woodlawn Lake Park Cross Training Garza Park Run SA Youth Mission Marquee Plaza	7:00 pm Equilibrium Bonnie Conner Park Zumba Harlandale Park	7:15 pm Hip Hop Dance Copernicus Park	6:45 pm Zumba West End Park			
7:00 pm Low Impact Circuit Training Elmendorf Lake Park Volleyball Conditioning Dawson Park		7:30 pm SPEAR Training Joe Ward Park	7:00 pm Core Training Wheatley Park Yoga LBJ Park Zumba Southside Lions Park			
7:30 pm CoRE Woodlawn Lake Park			7:15 pm Hip Hop Dance Copernicus Park			
			7:30 pm Interval Training Woodlawn Lake Park Lower Body Blast O.P. Schnabel Park			
			8:00 pm Core Training O.P. Schnabel Park			

Weekly Schedule

February 2020

Monday February 17	Tuesday February 18	Wednesday February 19	Thursday February 20	Friday February 21	Saturday February 22	Sunday February 23
5:15 am Circuit Training Walker Ranch Park 6:00 am Interval Training Walker Ranch Park 8:30 am Boot Camp Panther Springs Park 8:45 am Circuit Training Lou Kardon Park 10:00 am Senior Lap Swimming SA Natatorium Senior Water Walking SA Natatorium Tai Chi Bob Ross Senior Center Folkloric Fitness Commander's House Adult & Senior Center Social Walk Lackland Terrace Park 10:30 am Low Impact Circuit Training Parman Library 11:00 am Lap Swimming SA Natatorium Flamenco Fitness Commander's House Adult & Senior Center 11:30 am Core Training Parman Library 12:00 pm Barre Fitness Great Northwest Library 1:00 pm Strength & Conditioning District 2 Senior Center Core Training Great Northwest Library 2:00 pm Senior Stretching Doris Griffin Senior Center 5:30 pm Cardio X Barrera FC Making Strides Woodlawn Lake Park 6:00 pm Butts & Guts Elmendorf Lake Park Zumba Southside Lions Park Line Dancing Granados Park Hula Dance LBJ Park Advanced Sports Conditioning Arnold Park 6:15 pm Boot Camp Barrera FC 6:30 pm Boot Camp Woodlawn Lake Park Cross Training Garza Park 7:00 pm Low Impact Circuit Training Elmendorf Lake Park Volleyball Conditioning Dawson Park 7:30 pm CoRE Woodlawn Lake Park	8:30 am Tai Chi Doris Griffin Senior Center Walking Group Commander's House Adult & Senior Center 10:00 am Chair Exercises Lackland Terrace Park Senior Lap Swimming SA Natatorium Senior Water Walking SA Natatorium Zumba Gold Commander's House Adult & Senior Center 11:30 am Aqua Boot Camp SA Natatorium 12:00 pm Interval Training Barrera FC 12:30 pm Low Impact Circuit Training Granados Park 12:45 pm Yoga Barrera FC 1:00 pm Circuit Training Comanche Lookout Park Line Dancing District 2 Senior Center Table Tennis Mission Library 2:00 pm Yoga Comanche Lookout Park 3:00 pm Ballet Exercise Berta Almaguer Dance Studio at Woodlawn Lake Park 5:00 pm Yoga Cuellar Park 5:15 pm Cardio Kickboxing Garza Park 5:30 pm Boot Camp Travis Park Circuit Training Bonnie Conner Park Total Body Toning Granados Park Making Strides Woodlawn Lake Park Stability Ball Fitness Lions Field Adult & Senior Center 6:00 pm Circuit Training Barrera FC Core Rhythms Harlandale Park Walking Group Miller's Pond Park Advanced Sports Conditioning Arnold Park Walking Group Harlandale Park Volleyball Conditioning Palm Heights Park 6:30 pm Boot Camp Garza Park Interval Training Bonnie Conner Park Flashlight Walk Lions Field Adult & Senior Center 7:00 pm Equilibrium Bonnie Conner Park Zumba Harlandale Park	8:30 am Boot Camp Panther Springs Park 8:45 am Circuit Training Lou Kardon Park 9:30 am Folkloric Fitness Lions Field Adult & Senior Center 10:00 am Senior Lap Swimming SA Natatorium Senior Water Walking SA Natatorium Yoga Doris Griffin Senior Center Tai Chi Bob Ross Senior Center 10:30 am Flamenco Fitness Lions Field Adult & Senior Center 12:00 pm Water Aerobics SA Natatorium Yoga Barrera FC 1:00 pm Strength & Conditioning District 2 Senior Center 1:15 pm Belly Dance Granados Park 2:00 pm Yoga District 2 Senior Center Senior Stretching Doris Griffin Senior Center Folklorico Granados Park 5:30 pm Cycle Pittman-Sullivan Park 5:45 pm Water Aerobics SA Natatorium 6:00 pm Zumba Gold Palm Heights Park Hula Dance LBJ Park Cardio Kickboxing Walker Ranch Park Beginner Sports Conditioning Arnold Park Walking Group Copernicus Park 6:30 pm Interval Training Joe Ward Park Cross Training Garza Park Zumba Garza Park Zumba Southside Lions Park Zumba Lions Field Adult & Senior Center Boxing Conditioning Lincoln Park 7:00 pm Interval Training Walker Ranch Park Zumba LBJ Park 7:15 pm Hip Hop Dance Copernicus Park 7:30 pm SPEAR Training Joe Ward Park	8:30 am Walking Group Commander's House Adult & Senior Center 9:30 am Beginner Line Dancing Lions Field Adult & Senior Center 10:00 am Senior Lap Swimming SA Natatorium Senior Water Walking SA Natatorium 10:30 am Improved Line Dancing Lions Field Adult & Senior Center 11:30 am Aqua Boot Camp SA Natatorium Intermediate Line Dancing Lions Field Adult & Senior Center 12:30 pm Low Impact Circuit Training Granados Park 12:45 pm Yoga Barrera FC 1:00 pm Circuit Training Encino Library Line Dancing District 2 Senior Center Table Tennis Mission Library Belly Dance Berta Almaguer Dance Studio at Woodlawn Lake Park 2:00 pm Yoga Encino Park Child & Me Berta Almaguer Dance Studio at Woodlawn Lake Park 5:15 pm Cardio Kickboxing Garza Park 5:30 pm Total Body Toning Granados Park Making Strides Woodlawn Lake Park 6:00 pm Boot Camp Wheatley Park Circuit Training Barrera FC Circuit Training Palm Heights Park Family Fun Circuit Training Comanche Lookout Park Butts & Guts LBJ Park Core Rhythms Southside Lions Park Line Dancing West End Park Walking Group Miller's Pond Park Beginner Sports Conditioning Arnold Park Walking Group Harlandale Park Beginner Tennis San Pedro Springs Park 6:15 pm Fitball Toning Barrera FC 6:30 pm SPEAR Training Woodlawn Lake Park Boot Camp Garza Park Boot Camp O.P. Schnabel Park World Dance Joe Ward Park STORM Trail Ride McAllister Park 6:45 pm Zumba West End Park 7:00 pm Core Training Wheatley Park Yoga LBJ Park Zumba Southside Lions Park 7:15 pm Hip Hop Dance Copernicus Park 7:30 pm Interval Training Woodlawn Lake Park Lower Body Blast O.P. Schnabel Park 8:00 pm Core Training O.P. Schnabel Park	8:30 am Yoga District 2 Senior Center Tai Chi Doris Griffin Senior Center 9:00 am Boot Camp Labor Street Park 9:30 am Stroller Strides Northridge Park Strength & Balance Commander's House 10:00 am Strength & Balance Lackland Terrace Park Fun Fitness with Sandy Commander's House Senior Lap Swimming SA Natatorium Senior Water Walking SA Natatorium Line Dancing Lackland Terrace Park 11:00 am Qigong Pan American Library 11:30 am Yoga Municipal Plaza 12:00 pm Water Aerobics SA Natatorium 1:00 pm Home School PE Barrera FC 2:00 pm Senior Stretching Doris Griffin Senior Center FitLot Circuit Training Normoyle Park 3:00 pm Folklorico Berta Almaguer Dance Studio at Woodlawn Lake Park 5:30 pm Circuit Training San Pedro Springs Park 6:00 pm Zumba O.P. Schnabel Park Zumba Harvey Najim YMCA 6:30 pm Zumba Pittman-Sullivan Park	 8:00 am Get Fit SA 5K Pearsall Park 9:00 am Walk with a Doc Arnold Park Pickleball LBJ Park 10:00 am Zumba Rosedale Park Volleyball Conditioning Arnold Park Volleyball Conditioning Joe Ward Park Pickleball Woodard Park 10:30 am Chair Yoga Dorie Miller Park 11:00 am BODYPUMP Rosedale Park 11:30 am Yoga Dorie Miller Park 12:00 pm BODYFLOW Rosedale Park Volleyball Conditioning Joe Ward Park 1:00 pm Aqua Zumba SA Natatorium 2:00 pm Sports Conditioning Arnold Park 3:00 pm Sports Conditioning Arnold Park Table Tennis Mission Library	9:00 am Trail Run Phil Hardberger Park East 10:00 am Boot Camp Phil Hardberger Park East Yoga Dignowity Park 11:00 am Core Training Phil Hardberger Park East Yoga Pan American Library 12:30 pm Zumba Parman Library 2:15 pm BODYCOMBAT Mays Family YMCA at Potranco

Weekly Schedule

February - March 2020

Monday February 24	Tuesday February 25	Wednesday February 26	Thursday February 27	Friday February 28	Saturday February 29	Sunday March 1
5:15 am Circuit Training Walker Ranch Park 6:00 am Interval Training Walker Ranch Park 8:30 am Boot Camp Panther Springs Park 8:45 am Circuit Training Lou Kardon Park 10:00 am Senior Lap Swimming SA Natatorium Senior Water Walking SA Natatorium Tai Chi Bob Ross Senior Center Folkloric Fitness Commander's House Adult & Senior Center Social Walk Lackland Terrace Park 10:30 am Low Impact Circuit Training Parman Library 11:00 am Lap Swimming SA Natatorium Flamenco Fitness Commander's House Adult & Senior Center 11:30 am Core Training Parman Library 12:00 pm Barre Fitness Great Northwest Library 1:00 pm Strength & Conditioning District 2 Senior Center Core Training Great Northwest Library 2:00 pm Senior Stretching Doris Griffin Senior Center 5:30 pm Cardio X Barrera FC Making Strides Woodlawn Lake Park 6:00 pm Butts & Guts Elmendorf Lake Park Zumba Southside Lions Park Line Dancing Granados Park Hula Dance LBJ Park Advanced Sports Conditioning Arnold Park 6:15 pm Boot Camp Barrera FC 6:30 pm Boot Camp Woodlawn Lake Park Cross Training Garza Park 7:00 pm Low Impact Circuit Training Elmendorf Lake Park Volleyball Conditioning Dawson Park 7:30 pm CoRE Woodlawn Lake Park	8:30 am Tai Chi Doris Griffin Senior Center Walking Group Commander's House Adult & Senior Center 10:00 am Chair Exercises Lackland Terrace Park Senior Lap Swimming SA Natatorium Senior Water Walking SA Natatorium Zumba Gold Commander's House Adult & Senior Center 11:30 am Aqua Boot Camp SA Natatorium 12:00 pm Interval Training Barrera FC 12:30 pm Low Impact Circuit Training Granados Park 12:45 pm Yoga Barrera FC 1:00 pm Circuit Training Comanche Lookout Park Line Dancing District 2 Senior Center Table Tennis Mission Library 2:00 pm Yoga Comanche Lookout Park 3:00 pm Ballet Exercise Berta Almaguer Dance Studio at Woodlawn Lake Park 5:00 pm Yoga Cuellar Park 5:15 pm Cardio Kickboxing Garza Park 5:30 pm Boot Camp Travis Park Circuit Training Bonnie Conner Park Total Body Toning Granados Park Making Strides Woodlawn Lake Park Stability Ball Fitness Lions Field Adult & Senior Center 6:00 pm Circuit Training Barrera FC Core Rhythms Harlandale Park Walking Group Miller's Pond Park Advanced Sports Conditioning Arnold Park Walking Group Harlandale Park Volleyball Conditioning Palm Heights Park 6:30 pm Boot Camp Garza Park Interval Training Bonnie Conner Park Flashlight Walk Lions Field Adult & Senior Center 7:00 pm Equilibrium Bonnie Conner Park Zumba Harlandale Park	8:30 am Boot Camp Panther Springs Park 8:45 am Circuit Training Lou Kardon Park 9:30 am Folkloric Fitness Lions Field Adult & Senior Center 10:00 am Senior Lap Swimming SA Natatorium Senior Water Walking SA Natatorium Yoga Doris Griffin Senior Center Tai Chi Bob Ross Senior Center 10:30 am Flamenco Fitness Lions Field Adult & Senior Center 12:00 pm Water Aerobics SA Natatorium 1:00 pm Strength & Conditioning District 2 Senior Center 1:15 pm Belly Dance Granados Park 2:00 pm Yoga District 2 Senior Center Senior Stretching Doris Griffin Senior Center Folklorico Granados Park 5:30 pm Cycle Pittman-Sullivan Park 5:45 pm Water Aerobics SA Natatorium 6:00 pm Zumba Gold Palm Heights Park Hula Dance LBJ Park Cardio Kickboxing Walker Ranch Park Beginner Sports Conditioning Arnold Park Walking Group Copernicus Park Walking Group San Pedro Springs Park 6:30 pm Interval Training Joe Ward Park Cross Training Garza Park Zumba Garza Park Zumba Southside Lions Park Zumba Lions Field Adult & Senior Center Boxing Conditioning Lincoln Park 7:00 pm Interval Training Walker Ranch Park Zumba LBJ Park 7:15 pm Hip Hop Dance Copernicus Park 7:30 pm SPEAR Training Joe Ward Park	8:30 am Walking Group Commander's House Adult & Senior Center 9:30 am Beginner Line Dancing Lions Field Adult & Senior Center 10:00 am Senior Lap Swimming SA Natatorium Senior Water Walking SA Natatorium 10:30 am Improved Line Dancing Lions Field Adult & Senior Center 11:30 am Aqua Boot Camp SA Natatorium Intermediate Line Dancing Lions Field Adult & Senior Center 12:30 pm Low Impact Circuit Training Granados Park 1:00 pm Circuit Training Encino Library Line Dancing District 2 Senior Center Table Tennis Mission Library Belly Dance Berta Almaguer Dance Studio at Woodlawn Lake Park 2:00 pm Yoga Encino Park Child & Me Berta Almaguer Dance Studio at Woodlawn Lake Park 5:15 pm Cardio Kickboxing Garza Park 5:30 pm Total Body Toning Granados Park Making Strides Woodlawn Lake Park 6:00 pm Boot Camp Wheatley Park Circuit Training Barrera FC Circuit Training Palm Heights Park Family Fun Circuit Training Comanche Lookout Park Butts & Guts LBJ Park Core Rhythms Southside Lions Park Line Dancing West End Park Walking Group Miller's Pond Park Beginner Sports Conditioning Arnold Park Walking Group Harlandale Park Beginner Tennis San Pedro Springs Park 6:15 pm Fitball Toning Barrera FC 6:30 pm SPEAR Training Woodlawn Lake Park Boot Camp Garza Park Boot Camp O.P. 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Schnabel Park	8:30 am Yoga District 2 Senior Center Tai Chi Doris Griffin Senior Center 9:00 am Boot Camp Labor Street Park 9:30 am Stroller Strides Northridge Park Strength & Balance Commander's House 10:00 am Strength & Balance Lackland Terrace Park Fun Fitness with Sandy Commander's House Senior Lap Swimming SA Natatorium Senior Water Walking SA Natatorium Line Dancing Lackland Terrace Park 11:00 am Qigong Pan American Library 11:30 am Yoga Municipal Plaza 12:00 pm Water Aerobics SA Natatorium 1:00 pm Home School PE Barrera FC 2:00 pm Senior Stretching Doris Griffin Senior Center FitLot Circuit Training Normoyle Park 3:00 pm Folklorico Berta Almaguer Dance Studio at Woodlawn Lake Park 5:30 pm Circuit Training San Pedro Springs Park 6:00 pm Zumba O.P. Schnabel Park Zumba Harvey Najim YMCA 6:30 pm Zumba Pittman-Sullivan Park	9:00 am SPEAR Training McAllister Park Boot Camp Pearsall Park Pickleball LBJ Park 9:30 am Zumba LBJ Park 10:00 am Circuit Training McAllister Park Adventure Course Circuit Pearsall Park Zumba Rosedale Park Volleyball Conditioning Arnold Park Arnold Park Conditioning Joe Ward Park Pickleball Woodward Park 10:30 am Chair Yoga Dorie Miller Park 10:45 am Core Rhythms LBJ Park 11:00 am BODYPUMP Rosedale Park Core Training Pearsall Park 11:30 am Yoga Dorie Miller Park 12:00 pm BODYFLOW Rosedale Park Volleyball Conditioning Joe Ward Park 1:00 pm Aqua Zumba SA Natatorium 2:00 pm Sports Conditioning Arnold Park 3:00 pm Sports Conditioning Arnold Park Table Tennis Mission Library	9:00 am Interval Training Phil Hardberger Park West Trail Run Phil Hardberger Park East 10:00 am Boot Camp Phil Hardberger Park East 11:00 am Core Training Phil Hardberger Park East Yoga Pan American Library 12:30 pm Zumba Parman Library 2:15 pm BODYCOMBAT Mays Family YMCA at Potranco